

READY4LIFE ESSENTIAL COMPONENTS CORRELATIONS
(Love Notes, Relationship Smarts PLUS)

Essential Components *Mandatory	Love Notes 4.1	Relationship Smarts PLUS 5.1
<p>Communication skills, including expression, discussion, and negotiation skills.*</p>	<p>Lesson 9: Communication and Healthy Relationships</p> <p>Lesson 10: Communication Challenges and More Skills</p> <p><i>*While these lessons specifically address communication skills, each lesson in Love Notes provides opportunities for participants to engage in discussions and enhance their communication skills.</i></p>	<p>Lesson 8: Communication and Healthy Relationships</p> <p>Lesson 9: Communication Challenges and More Skills</p> <p><i>*While these lessons specifically address communication skills, each lesson in Relationship Smarts Plus provides opportunities for participants to engage in discussions and enhance their communication skills.</i></p>
<p>Conflict resolution, anger management, and problem-solving skills.*</p>	<p>Lesson 9: Communication and Healthy Relationships</p> <p>Lesson 10: Communication Challenges and More Skills</p>	<p>Lesson 8: Communication and Healthy Relationships</p> <p>Lesson 9: Communication Challenges and More Skills</p>

<p>Knowledge of the benefits of marriage.*</p>	<p>Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success</p> <ul style="list-style-type: none"> ● 8.4 Pathways and Sequences Towards Success <p>Lesson 11: Let's Talk about Sex</p> <ul style="list-style-type: none"> ● 11.4 Risks of Sliding into Sex – Benefits of Deciding ● <p>Lesson 13: Through the Eyes of a Child</p> <ul style="list-style-type: none"> ● 13.1 Child Looking for a Family ● 13.3 Child Speak: Brighter Futures ● 13.4: Decisions about Living Together 	<p>Lesson 7: Decide, Don't Slide! Pathways to Success</p> <ul style="list-style-type: none"> ● 7.5 Pathways and Sequences Towards Success <p>Lesson 10: Sexual Decision-Making</p> <ul style="list-style-type: none"> ● 10.4 Risking of Sliding – Benefits of Deciding <p>Lesson 12: Unintended Pregnancy Through the Eyes of a Child</p> <ul style="list-style-type: none"> ● 12.1 Child Looking for a Family ● 12.3 Child Speak: Brighter Futures
<p>Stress and anger management.</p>	<p>Lesson 9: Communication and Healthy Relationships</p> <ul style="list-style-type: none"> ● 9.2 Patterns that Harm Relationships ● 9.3 Angry Brains and the Power of Time Outs ● 9.4 The Speaker Listener Technique – When Talking is Difficult <p>Lesson 10: Communication Challenges and More Skills</p> <ul style="list-style-type: none"> ● 10.1 Complain and Raise Issues Effectively ● 10.2 Hidden Issues: What Pushes Your Buttons? ● 10.3 A Problem-Solving Model 	<p>Lesson 8: Communication and Healthy Relationships</p> <ul style="list-style-type: none"> ● 8.2 Patterns that Harm Relationships ● 8.3 Angry Brains and the Power of Time Outs ● 8.4 The Speaker Listener Technique – When Talking is Difficult <p>Lesson 9: Communication Challenges and More Skills</p> <ul style="list-style-type: none"> ● 9.1 Complain and Raise Issues Effectively ● 9.2 Hidden Issues Under Arguments ● 9.3 A Problem-Solving Model

<p>Intimate partner and teen dating violence.</p>	<p>Lesson 6: Is It a Healthy Relationship?</p> <ul style="list-style-type: none"> ● 6.1 How Can You Tell? ● 6.3 Breaking Up <p>Lesson 7: Dangerous Love</p> <ul style="list-style-type: none"> ● 7.1 Early Warnings and Red Flags ● 7.2 Violence: Why it Happens, What Helps, Signs of Greatest Danger ● 7.3 Sexual Assault and Consent ● 7.5 Draw the Line of Respect 	<p>Lesson 5: Is It a Healthy Relationship?</p> <ul style="list-style-type: none"> ● 5.1 How Can You Tell? <p>Lesson 6: Breaking Up and Dating Violence</p> <ul style="list-style-type: none"> ● 6.1 Breaking Up ● 6.2 Early Warnings and Red Flags ● 6.3 Violence: Why it Happens, What Helps, Signs of Danger ● 6.4 Sexual Assault ● 6.5 Draw the Line of Respect
<p>Past experiences and its effects on forming healthy relationships (as applicable).</p>	<p>Lesson 1: Relationships Today</p> <ul style="list-style-type: none"> ● 1.1 Relationships Today <p>Lesson 2: Knowing Yourself</p> <ul style="list-style-type: none"> ● 2.3 Examining Family of Origin <p>Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success</p> <ul style="list-style-type: none"> ● 8.1 The High Costs of Sliding <p>Lesson 9: Communication and Healthy Relationships</p> <ul style="list-style-type: none"> ● 9.1 Communication Patterns Learned in Family 	<p>Lesson 7: Decide, Don't Slide! Pathways to Success</p> <ul style="list-style-type: none"> ● 7.1 Sliding vs. Deciding and Personal Development ● 7.2 Sliding vs. Deciding and Relationships <p>Lesson 8: Communication and Healthy Relationships</p> <ul style="list-style-type: none"> ● 8.1 Communication Patterns Learned in Family
<p>Financial literacy, such as budgeting, financial planning, and financial management.</p>	<p><i>COVERED BY MONEY HABITUDES</i></p>	

<p>Self-regulation and co-regulation to support healthy relationships and attain personal and community goals.</p>	<p>Lesson 2: Knowing Yourself</p> <ul style="list-style-type: none"> ● 2.2 Understanding my Personality Style <p>Lesson 4: Attractions and Starting Relationships</p> <ul style="list-style-type: none"> ● 4.1 Relationship Pyramid ● 4.2 The Chemistry of Attraction <p>Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success</p> <ul style="list-style-type: none"> ● 8.2 The Low-Risk Deciding Approach ● 8.3 Making Decisions ● 8.4 Pathways and Sequences Towards Success <p>Lesson 9: Communication and Healthy Relationships</p> <ul style="list-style-type: none"> ● 9.3 Angry Brains and the Power of Time Outs ● 9.4 The Speaker Listener Technique – When Talking is Difficult <p>Lesson 10: Communication Challenges and More Skills</p> <ul style="list-style-type: none"> ● 10.1 Complain and Raise Issues Effectively ● 10.2 Hidden Issues: What Pushes Your Buttons? ● 10.3 A Problem-Solving Model 	<p>Lesson 1: Who Am I and Where Am I Going?</p> <ul style="list-style-type: none"> ● 1.3 Being Yourself: Dealing with Pressure Situations <p>Lesson 2: Maturity Issues and What I Value</p> <ul style="list-style-type: none"> ● 2.1 The Four Dimensions of Maturity ● 2.2 Maturity— Where are You? <p>Lesson 3: Attractions and Infatuation</p> <ul style="list-style-type: none"> ● 3.2 Relationship Pyramid ● 3.3 The Chemistry of Attraction <p>Lesson 7: Decide, Don't Slide! Pathways to Success</p> <ul style="list-style-type: none"> ● 7.2 Sliding vs. Deciding and Relationships ● 7.3 A Low-Risk Deciding Approach ● 7.5 Pathways and Sequences Towards Success <p>Lesson 8: Communication and Healthy Relationships</p> <ul style="list-style-type: none"> ● 8.3 Angry Brains and the Power of Time Outs ● 8.4 The Speaker Listener Technique – When Talking is Difficult <p><i>(Continued on the next page)</i></p>
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Parenting skills (as applicable).	Lesson 1: Relationships Today <ul style="list-style-type: none"> ● 1.1 Relationships Today Lesson 7: Dangerous Love <ul style="list-style-type: none"> ● 7.1 Early Warnings and Red Flags ● 7.2 Violence: Why it Happens, What Helps, Signs of Greatest Danger Lesson 8: Decide, Don't Slide! Pathways & Sequences Towards Success <ul style="list-style-type: none"> ● 8.1 The High Costs of Sliding ● 8.2 A Low-Risk Deciding Approach ● 8.4 Pathways and Sequences Towards Success Lesson 9: Communication and Healthy Relationships <ul style="list-style-type: none"> ● 9.1 Communication Patterns Learned in Family ● 9.2 Patterns that Harm Relationships ● 9.3 Angry Brains and the Power of Time Outs <i>(Continued on the next page)</i>	

	<p>Lesson 10: Communication Challenges and More Skills</p> <ul style="list-style-type: none">● 10.1 Complain and Raise Issues Effectively <p>Lesson 13: Through the Eyes of a Child</p> <ul style="list-style-type: none">● 13.1 Child Looking for a Family● 13.2 What about Fathers?● 13.3 Child Speak: Bright Futures● 13.4 Decisions about Living Together● 13.5 Planning for Success	
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